

FOOD & FAMILY

Experts Define Adequate Breakfast

What is an adequate breakfast? Is there a definite answer? Yes! During the course of the scientifically controlled Iowa Breakfast Studies on the role of breakfast in the diet regimen, an adequate breakfast, designed as a basic breakfast, was established. The basic breakfast is defined as one which provides one-fourth of the total daily caloric requirement and one-fourth of the total daily protein allowance. The basic breakfast is designed as a guide by which a nutritionally adequate breakfast can be calculated for any individual, by adjusting it both calorie-wise and as to the protein allow-

ance. The whole family can enjoy the same basic breakfast of fruit, cereal and milk, bread and butter or margarine, and a beverage. For most people, average servings of these foods supply one-fourth of the day's food needs. If a member of the family is on a weight reduction diet, the servings can be smaller, and nonfat milk used in place of whole milk. For those whose caloric needs are higher, add a generous serving of jam or jelly to the cereal, and use whole milk. For persons whose energy needs are higher, this modern breakfast may be supplemented with other foods.

Honey Plays Dual Role In Sunny Honey Cake

Honey plays a double-role in Sunny Honey Cake. In addition to sweetening and flavoring the batter of the spice-flavored loaves, honey takes to topping in a broil-on buttered spread which substitutes for conventional frosting.

SUNNY HONEY CAKE

Bake at 350 deg. for 30 to 35 minutes. Makes two 8-inch loaves.

Sift together . . .
2 cups sifted flour
2½ teaspoons double-acting baking powder

½ teaspoon salt
¼ teaspoon ginger
¼ teaspoon mace

Cream . . .
½ cup butter. Add
½ cup sugar, creaming well.

Blend in . . .
2 unbeaten eggs; beat well after each, and
½ cup honey.

Combine . . .
¾ cup milk and
1 teaspoon Almond Ex-

tract. Add alternately with dry ingredients to creamed mixture; begin and end with dry ingredients.

Turn . . . into two 8-inch round layer pans, greased and floured on bottoms. Bake . . . at 350 deg. for 30 to 35 minutes. Spread layers with topping.

Broil . . . until golden brown, 2 to 3 minutes. Cool; remove from pans. Spread ½ cup whipped cream on one layer. Top with second layer. Spread remaining cream around sides.

HONEY-NUT TOPPING

Combine ½ cup chopped walnuts, 1/3 cup honey, ¼ cup brown sugar, ¼ cup soft butter and ½ teaspoon cinnamon.

SWEETENED WHIPPED CREAM

Beat 1 cup whipping cream with 3 tablespoons powdered sugar and ¼ teaspoon almond extract until thick.



PREPARING FRENCHBURGERS is Mrs. Ellen Bowen of 16819 Elgar Ave., cook of the week. Her recipe for prepare-ahead hot rolls calls for a

ground beef filling flavored with mushrooms, olives, cheese and tomato sauce. Mrs. Bowen receives \$5 for her winning recipe. —PRESS photo

Strawberry Dessert Cuts Down Calories

This dessert features a creamy layer of deliciously sweet and rich-tasting pink strawberry creme, topped with a clear layer of sparkling red strawberry jelly.

Surprise is that such a heavenly concoction can be so low in calories. Thanks to the calorie-free sweetener, Sucaryl, used here in place of sugar, there are only 54 calories in each sweet serving (less than half the usual calorie count).

STRAWBERRY DESSERT

(Low-Calorie)
First Layer
4 cups strawberries
1 envelope (or tablespoon) unflavored gelatin

¼ cup cold water
¾ cup water
1½ teaspoon Sucaryl solution

1 teaspoon lemon juice
Red food coloring

Second Layer

1 tablespoon lemon juice
1 tablespoon Sucaryl
2 envelopes (or tablespoons) unflavored gelatin

¼ cup cold water
½ cup nonfat dry milk
½ cup ice water

To make first layer: Puree strawberries. Soften gelatin in cold water. Measure ¼ cup of the strawberry puree and add the ¼ cup water;

bring to a boil. Add to softened gelatin, stirring to dissolve. Add Sucaryl, lemon juice and food coloring, as desired. Pour into a lightly oiled 7-cup heart shaped mold; chill until set.

To make second layer: Add Sucaryl and lemon juice to remaining strawberry puree. Soften gelatin in cold water; dissolve over boiling water. Add to puree and chill until mixture begins to thicken. Combine dry milk and ice water in small bowl of mixer; beat on high speed until thick. Fold into strawberry gelatin. Spoon mixture over clear layer of gelatin in mold; chill until set. Makes 10 servings.

Fund Raisers Boost Bake Sale on Wheels

A favorite form of fund-raising is the bake sale. Put yours on the road via station wagons. A driver and sales team per fell-stocked car can cover a designated route on the day of the sale reaching buyers who probably would not attend otherwise.

Good planning, advance publicity and compliance with city ordinances governing food handling and door-to-door sales are vital.

Whether you decide to travel with your sale or stay in one place with a bazaar, the most important item is the food.

Here's where convenience mixes comes to the aid of

everyone involved. Results are sure to be uniformly tasty—as the delectable recipes below prove. And convenience products save time—enough to wrap baked items prettily, to look as good as they taste.

Party Creams: Prepare 1 package fluffy pink lemon ade frosting mix as directed on package using only 1/3 cup boiling water. After stiff straight peaks have formed, add 1/3 cup soft butter and mix well. Blend in 4 cups sifted powdered sugar. Beat until all ingredients are well blended and mixture is stiff. Drop by teaspoonfuls, some into ½ cup chopped nuts

and some into 1 cup flaked or chopped shredded coconut. Roll to coat. Place on wax paper to dry. Store in covered container. Makes about 5 dozen.

Frosted Coffee Ring: Separate rolls from 2 cans refrigerated quick orange danish rolls or refrigerated quick orange danish rolls or refrigerated quick raisin cinnamon rolls. Overlap rolls to form a 9-inch ring on cookie sheet.

Bake at 375 deg. for 15 to 20 minutes until golden brown. Spread with icing. Sprinkle with chopped nuts or maraschino cherry pieces. Make 1 coffee cake.

Maple Butter Twists Perk Up Coffee Break

Morning coffee break becomes a special occasion when coffee is accompanied by fresh-from-the-oven maple butter twists. Twists feature unique shaping idea coupled with fragrant smell of warm yeast and maple. Maple flavoring does duty in filling as well as frosting.

MAPLE BUTTER TWISTS

Bake at 350 degrees for 25 to 30 minutes. Makes two 8-inch coffee cakes. Soften . . .

1 packet dry yeast (or 1 cake compressed yeast) in 1/4 cup warm water. Combine . . .
1/4 cup butter
3 tablespoons sugar

1½ teaspoons salt and ½ cup hot scalded milk in large bowl. Stir in . . .
2 unbeaten eggs and softened yeast. Gradually add . . .

form a stiff dough; beat well after each addition. Cover with Saran Wrap. Bake . . . at 350 Let rise . . . in warm place until light, 1 to 1½ hours. Cream . . .

¼ cup soft butter. Add ½ cup firmly packed brown sugar 1/3 cup sugar ¼ cup maple syrup 2 tablespoons flour ½ teaspoon cinnamon ½ cup walnuts, chopped;

cream well. Toss . . . dough on well-floured surface to coat with flour. Divide in half. Roll out one portion to 14x8-inch rectangle. Spread with half of filling.

Roll up . . . starting with 14-inch side. Cut roll in half lengthwise. Twist strips together, cut sides up. Shape into a ring in well-greased 8 or 9-inch round pan. Repeat with remaining dough. Cover.

Let rise . . . in warm place until light, about 45 minutes. Bake . . . at 350 deg. for 25 to 30 minutes. If desired, frost with powdered sugar icing.

Fish Sticks Prove Fare For Lenten Luncheons

It may be difficult to say "Fish Stick Toastwiches" all in one breath, but it will be ever so easy to make them . . . and even easier to eat them. For a meatless luncheon or supper menu we suggest Birds Eye Fish Sticks, rolled in slices of bread and baked to toasty crispness, served with a bowl of piping hot cream of tomato soup and perhaps a fresh green salad.

Fish Stick Toastwiches

1 package (8 ounces) frozen pre-cooked fish sticks

10 thin slices bread (white, whole wheat, or rye)
Melted butter
Relishes and seasonings*

Separate frozen fish sticks. Cut crusts from bread. For

easier handling, roll bread with a rolling pin. Brush both sides of bread with melted butter; spread one side with relish. Place fish sticks on relish (diagonally across bread) and wrap bread around the fish, fastening corners with toothpicks. Place on a baking sheet in hot oven (425 deg. F.) and heat thoroughly until fish sticks are crisp and bread is toasted—about 12 minutes. Serve plain or with tartare sauce; or serve topped with tomato, cheese, or egg sauce. Makes 5 servings. *Use mustard, catsup, chill sauce, sandwich spread, India relish, pickle relish, horse radish, grated Cheddar cheese, or chopped sweet onion, or any combination of these or other condiments.

Japanese Kabobs Take To Table-Top Cookery

Want to impress your dinner guests without spending all day in the kitchen? Then, translate the usual steak-and-potatoes menu into exotic sukuyaki and rice. Always prepared before the eyes of diners in Japan, sukuyaki can be cooked in an electric skillet at the table for an extra bit of showmanship. Or make your main dish chop suey or chow mein. Whichever you choose, serve it with hot fluffy rice, and a mandarin orange and lettuce salad tossed with dressing.

Keep the guests happy while you put finishing touches on the meal by letting them nibble Japanese Kabobs — made with that American convenience, refrigerated biscuits. They're best served warm but you

can bake them ahead of time, let guests reheat them over a hibachi.

Japanese Kabob Appetizers

Prepare a marinade by combining ½ cup cider vinegar, ½ cup soy sauce, 2 teaspoons granulated sugar and ¼ teaspoon ground ginger in a small bowl. Trim tops from 10 green onions. Soak onions and 2 (7-oz.) cans drained and deveined jumbo shrimp in marinade for 30 minutes. Drain. Pre heat oven to 450 deg. Cut 1 can refrigerated biscuits into quarters and dip in marinade. Alternate on 4-inch wooden skewers: 4 biscuit quarters, 2 shrimp and 1 onion. Place on ungreased cookie sheet. Bake for 6 to 8 minutes. Remove from oven and brush with remaining marinade. Makes 10 kabobs.

School Menus Told for Week

As a public service the Torrance Press publishes elementary school lunch menus to aid housewives preparing to do marketing to plan dinner accordingly.

Lunches to be served in the elementary school cafeterias for the week beginning tomorrow are as follows:

THURSDAY

Hot pork sandwiches, buttered green beans, confetti salad, strawberry sundae, and milk.

FRIDAY

Oven grilled fish, tater tots, creamy cole slaw, apple crisp, bread and butter, milk.

ple crisp, bread and butter, milk.

MONDAY

Spaghetti with meat sauce, buttered peas, tossed green salad, citrus fruit cup, cheese sticks, hot French bread, and milk.

TUESDAY

Oven baked chicken, hashed brown potatoes, tomato wedge with lettuce, chocolate pudding with topping, bread and butter, milk.

WEDNESDAY

Hamburger on bun, buttered corn, jellied grapefruit salad, peach half with syrup, snickerdoodle, milk.

PTA NEWS

OUR CLOSE NEIGHBORS

"Our Close Neighbors" was theme for the Torrance High School Parent Teacher Association meeting Wednesday, Feb. 6 in the cafeteria. Steve Waters, Bays' League president, led the pledge of allegiance.

Vincent Difiore, faculty chairman, introduced Mrs. Dock, president of the American Field Service. Mrs. Dock presented Susan Smith, Torrance High Student who visited Spain last year, and Cinciana Classe from Belgium who is attending Torrance High this year. The two AFS students spoke.

Mrs. O. O. Clayton received the honorary life membership award. Dr. Carl Ahee, principal, gave a short talk on plans of construction at Torrance High.

Miss Bea Rous, assistant principal, introduced Miss Shirley Ellerman, girls' physical education teacher and Joseph Sarthou, boys' physical education teacher who also spoke.

Mrs. J. W. Wayt appointed a nominating committee.

COOK OF THE WEEK

Cook of the Week is Mrs. Ellen Bowen of 16819 Elgar Ave., Torrance, who says of her winning recipe for Frenchburgers:

"These rolls are wonderful as they can be made ahead of time. The teenage kids really go for these. They also freeze very well. We love them with a bowl of soup or chili after the show or ball game. My son is in college and my husband and all our friends really enjoy them."

FRENCHBURGERS (Filled French Rolls)

1 medium onion sauted
1 lb. ground beef
1 small can of mushrooms

1 small can of chopped olives
1 1/2 lb. cheese (grated)
Season to taste

1 can tomato sauce
Cook until cheese is melted. Stir thoroughly. Scoop out bottom half of cut roll and fill with meat sauce, wrap in foil. Heat in 350 oven—25 minutes. Makes 12 sandwiches.

Mrs. Bowen receives \$5 for original recipe. If your family has a favorite recipe you would like to share, submit it to:

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Torrance, California.

California Sportswear Sets Trends for Nation

The biggest resort in the United States is blooming, booming California. Twelve months a year it offers the world a vast playground. It also designs and produces fashions to go with its resort atmosphere that are forerunners of trends all over the world.

Since the state's geographical size is approximately equivalent to any three states along the Atlantic Coast, and with its population about to explode into its first place, fashion gains importance in determining economic as well as cultural and creative trends.

Land of contrasts that it is, with snow-summitted mountains, bleached sands and hot, dry deserts below, sea and oceans overlapping shorelines that become more and more populous, California is also a huge testing laboratory for clothes-with-a-purpose.

The look of contrasts in sportswear echoes the climatic and topographical changes that add up to the "Golden State." In 1963 you can choose your affinity in fashion with assurance that there's something for everyone. Be a pretty little girl or a trim and tailored little boy. Be subtle or "come on strong" with colors and fabrics. Stick to no fixed idea but sprout your fashion wings and experiment. Be adventurous in the "Safari" look, which you'll recognize by the cut similar to a Nor-falk jacket, the clean look of smooth-surfaced fabrics tailored with military precision.

Or you might discover a new feminine way to look by supplementing your Capri pants with "sandal" skirts that touch the ankle or "dinner pants" that look more like an elongated dirndl.

Incidentally, there's a new look to pants . . . they're getting wider, and in another season it is entirely possible that those hug-me-tight second skinnies will be a thing of the past. eBach

pajamas, in one collection, the daytime equivalent of dinner pants at night.

The beach sweater is an elongated thick-knitted version that covers the swimsuit entirely, focuses attention on the legs, and let's hope they're teen-aged and trim.

The "Tennis Look" is not confined to sportswear. It's translated into dresses that take a cue from the bordered V-neck of the traditional tennis sweater. It goes even as far as cocktails, with jeweled accents, in smooth crepe.

Fabric contrasts follow the leader, or perhaps are the true leader in these sportswear fashions. Crisp or soft as in synthetics like dacron-cotton or polyester blends versus supple synthetics like Antron jersey vie with each other, importantly influencing the shape of sports fashions. Smooth-surfaced linens and cottons gift the skimmer silhouette with structural perfection while both silk and cotton chiffons make the most of a fluid femininity.

Strangely enough, sportswear colors that make news take a cue from the couturier, high-priced clothes. Combining two or more neutrals such as slate blue and sand, gray and beige, black and brown, are to be found even in swimwear.

Patriotic colors of red, white, and blue are certainly not absent—they're perennials.

Yellows are the strongest that any color has been in years—but the pastels are bright in sportswear, and whether it's pink, green, yellow or blue, they're what make California sportswear collectors items.

PLASTIC MILK CARTONS

More and more dairies are using milk cartons coated with plastic which doesn't flake off or stain refrigerator shelves and which is durable.